TEACH ENGLISH OVERSEAS
FreeTeach ESL Abroad Seminar
Tuesday May 12th at 7pm
Spring TESOL Course May 26th - 31st
United TESOL International College of Teacher Training
41 York St.
562-8370

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OTTAWA • MONDAY, MAY 11, 2009
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Celebrity Buzz

Maguire spooked by spiders?
pg 14

Civil servants told to get own survival kits

EMERGENCY A plan to give free 72-hour emergency survival kits to some of Ontario's highest-paid civil servants at taxpayer expense has been quashed by Community Safety Minister Rick Bartolucci.

The kits from the government agency Emergency Management Ontario were to go to deputy ministers of each government department, more than two dozen in all, who sit on the deputy ministers' council.

A spokesperson for Bartolucci said the deputy ministers can prepare their own kits just like other Ontarians by going to Ontario.ca/beprepared and looking up what to buy.

The kits cost at least $75 each and contain items including candles, a blanket, a crank-operated radio, a can opener, soap, canned goods and toilet paper.

TORSTAR NEWS SERVICE

Tulip treat **Mom's Day**

TRACEY TONG/METRO OTTAWA

Ottawa resident Sarah Cappeliez and her mom, Patricia Bessette-Cappeliez, of Wakefield, admire tulips yesterday at Major's Hill Park. The two celebrated Mother's Day with brunch and a trip to the Canadian Tulip Festival.

Going Green pg 8

Getting rid of pesty pests

SunnySide

It's not all bad out there

Metro launches The SunnySide today, which will help you find the good news around Ottawa and Canada.

Today

- **Anne Hines and her HineSight column, pg 6**
- **Kim Mannix Vermette InTransit, pg 6**

This Week

- **Lawrence Martin's National Report**
- **Paul Sullivan's The West View**

Discovering Ottawa

Sunny Side

TRACEY TONG
tracey.tong@metronews.ca

He's a fifth-generation Ottawan. But Michel Bellemare is still discovering new things about the city he loves most.

"It's amazing how much you can discover exploring the city where you live," said the acting mayor, who is replacing Mayor Larry O'Brien until July 7.

"I encourage everyone to be a tourist in your own city."

For instance, the city recently introduced double-decker buses and Bellemare, a father of three, took his kids for a ride.

If the nation's capital still holds so many charms for someone who has such deep roots here, the possibilities must be endless for any tourist or visitor lucky enough to come here. And they are, said Bellemare, who is also the councillor for Beacon Hill-Cyrville.

"There's so much to discover that you need to come back again and again to discover all the aspects of the nation's capital," he said.

Bellemare

When asked about the five best things about Ottawa, Bellemare is hard pressed to narrow it down to just five. But he cites two major rivers — the Ottawa and the Rideau — in addition to the Rideau Canal, a UNESCO world heritage site, as one of them, and Ottawa's "proudly bilingual and multicultural" character as another.

The region's greenspace, "including the green belt, beautiful parks and ski hills and hiking and nature trails," is another big perk of living here, he said.

"I think Ottawa is known for its high quality of life," he said, "and the people who come here hear from family and friends about all the amenities we have in the capital — world-class museums, like the war museum, the museum of civilization and the National Arts Centre."

More than 35 big festivals in the city — Bellemare names the Canadian Tulip Festival, Bluesfest and Winterlude as examples — is another plus.

"All these festivals attract thousands of tourists," he said. "They breathe life into our city."

Number 5, he said, is "one of the best transit systems in the world that is about to get a makeover with a subway."

If you ask Bellemare, life in Ottawa is pretty good. Indeed, one of the reasons is because the federal government is a major employer here.

"I think Ottawa is a bit insulated from the ups and downs of the economy," he said. "And we are weathering the economic downturn much better than other urban centres."

Mayors countrywide talk up their cities

- "(The people) are our greatest strength ... our people above anything else is what makes us." **MAYOR PETER KELLY, HALIFAX**
- "We have a great image internationally because of our mutual respect for differences, our environmental sensibilities, our great banking system and things like our public library, which is the best in the world." **MAYOR DAVID MILLER, TORONTO**
- "Without a doubt, the people of Calgary make this city great." **MAYOR DAVID BRONCONNIER, CALGARY**
- "We rivalled the growth in China within the last few years and we will continue to do that when things settle down a bit (with the markets)." **MAYOR STEPHEN MANDEL, EDMONTON**
- "We're working to ... retrofit homes and buildings. This will save energy, reduce pollution and create new 'green collar' jobs to maximize energy efficiency across our city." **MAYOR GREGOR ROBERTSON, VANCOUVER**

Letter from the editor

Dianne Rinehart
Metro Editor-in-Chief

Looking on the bright side

Dear readers,

Just when you think things can't get worse — we're here to tell you it's not so bad, after all.

Today, Metro launches The SunnySide of Ottawa, a celebration of how great it still is in Canada — despite the recession.

Over the next while we'll interview your political, business and community leaders about the good news in Ottawa — and exchange their best recession-busting ideas with our 1.1 million readers and leaders across the country.

As well, our columnists, bloggers and reporters will buzz with ideas on how we can work together to conquer this recession — or at least laugh about it.

But most importantly, this is a Call to Action to you to send us:

- Your ideas on how we can implement positive change.
- Inspirational stories on how to overcome loss of jobs, businesses, homes, income and pension plans — without losing hope or happiness.

We'll promote your best stories and ideas, here in our pages and on metronews.ca.

So get writing, emailing, commenting and tweeting your way out of the recession at ottawaletters@metronews.ca, metronews.ca or on Twitter @metroottawa.

And meanwhile, as Bobby McFerrin sang, Don't Worry, Be Happy.

DIANNE RINEHART, EDITOR-IN-CHIEF, METRO ENGLISH CANADA

Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher: Bill McDonald

The police would like to have a little chat with you...
Police here are celebrating 2009 Police Week with several free and informal "Let's Chat" coffee sessions this week. The sessions are an opportunity for existing community policing partners and residents to meet, discuss and contribute to the future direction of the police service. METRO OTTAWA

Local

The pressure's off tomorrow

If the water's not hitting you as hard as it usually does during your morning shower tomorrow, don't panic. The city is planning a shutdown of the Lemieux Island Water Purification Plant tomorrow, reducing water pressure in the downtown area. The shutdown will also happen Thursday from 6 a.m. until 6 p.m. This outage is required as part of construction upgrades at the plant and will not affect drinking water quality, city staff said. METRO OTTAWA

City style on display at show

TRACEY TONG
tracey.tong@metronews.ca

Stacey Bafi-Yeboa never thought she'd be a fashion designer.

After all, the lifelong Ottawa resident, who found work as a professional dancer directly out of St. Pius X Secondary School, couldn't find very much spare time between performing on Broadway, Saturday Night Live and in TV commercials for Gap and Nike to give to her second passion, designing clothes.

But time after time, fate gave her little hints.

The ballet, tap and jazz dancer would wear her own creations — comfy little numbers made from bamboo lycra and cotton lycra — to her auditions and people would ask where she got them.

When she went to a yoga class, the studio asked her to design a line.

TRACEY TONG/METRO OTTAWA

Ottawa designer Stacey Bafi-Yeboa, right, shows off some of her creations to Capital Clothing Show manager Catherine Knoll yesterday.

Seven years ago, she gave in to the designer bug, creating clothes that would allow wearers to be "comfortable and glamorous at the same time."

And while business has been so busy it's actually taken her away from dance — for now — the 30-year-old hasn't looked back.

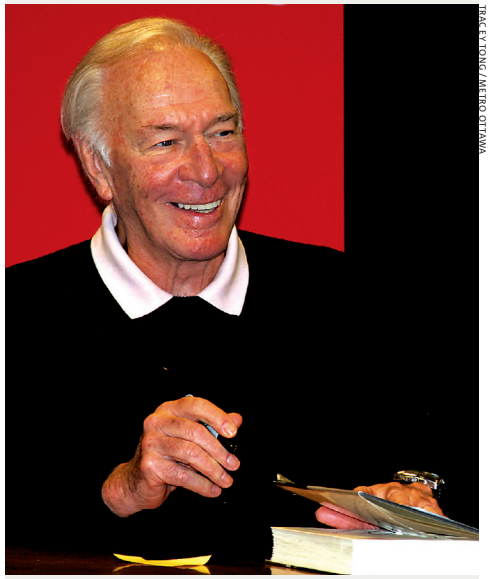
Bafi-Yeboa was one of dozens of designers from Toronto to Montreal who exhibited at the Capital Clothing Show over the weekend, an event that's a great opportunity to showcase designers people may not otherwise learn about, said Capital Clothing Show manager Catherine Knoll.

The semi-annual Capital Clothing Show — which has doubled in size since the first show last fall, said Knoll — features new and vintage clothing, jewelry and accessories.

Ottawans have long been fighting a reputation as being less fashionable than their counterparts in Toronto and Montreal, but Knoll said she doesn't believe that's true.

"People here are more conservative," Knoll observed, "but they aren't afraid to step out in something different. I'll see people pull signature pieces. They want unique, one-of-a-kind stuff, something that's different."

Theatre **Plummer's pages**



TRACEY TONG/METRO OTTAWA

Canadian theatre, film and television actor Christopher Plummer, who was in town to host the Governor General's Performing Arts Awards gala over the weekend, signs copies of his recently released memoir, In Spite of Myself, for fans at the Rideau Street Chapters yesterday.

metronews.ca

What's online today.

Video The market rally's continued defiance of analyst predictions keeps investor optimism high at **metronews.ca/canada**

Immigration Guidy Mamann finds that sponsorship for mothers is much faster in 2009 at **metronews.ca/immigration**

Lotteries

Friday, May 8
Lotto Super 7: 3, 16, 17, 25, 33, 35 & 42. Bonus 7.
Saturday, May 9
Lotto 6/49: 14, 19, 23, 31, 34 & 39. Bonus 24.
Sunday, May 10
Ontario Pick 3: 0 7 5; **Ontario Pick 4** : 3 4 8 4
Encore: 6390676;
Daily Keno: 8, 12, 13, 17, 23, 25, 26, 27, 30, 32, 33, 36, 38, 42, 53, 59, 61, 64, 69, 70
These results are not official.

Psychic expo a one-stop spiritual shop

STEVE COLLINS
for Metro Ottawa

"It's going to take a lot of courage, but there will be a lot of energy coming to this place."
Psychic Micheline Landry-Robillard, on the fate of Lansdowne Park

With the ESP Psychic Expo coming to Lansdowne Park this past weekend, one couldn't help wondering whether the seers could divine the fate of Lansdowne itself.

The show's 55 booths offered one-stop spiritual shopping, from Tarot cards to palm and hair readings, to jewelry, crafts and books on assorted supernatural topics.

Show organizer Laura Lloyd, the self-described "lady who pays the bills" for this and up to 30 other shows a year across Canada, relocated the ESP Psychic Expo to Lansdowne this year from the Ottawa Congress Centre, which is currently in the process of being demolished and replaced.

She said she was happy enough with the size of the crowds at the new venue, with one caveat: "The people are nice and the attendance is good, people are browsing and buying from the merchandise booths, but they are not getting the readings."

Prices for psychic readings average $50-$80, Lloyd said, and are the most important moneymaker for the show.

Montreal psychic Micheline Landry-Robillard's booth featured the irresistible offer of "One Free Question." Metro asked about the future of Lansdowne Park, the subject of much debate at city hall. Landry, upon reading the Tarot cards (The Hermit, the Hierophant, the Hanged Man and the World), said Lansdowne's fate rested on two mysterious figures: a woman and a man.

"It's going to take a lot of courage, but there will be a lot of energy coming to this place," she predicted. "You're going to hear about it a little sooner than you think."

ArtsPark puts Hintonburg's culture on display for a day

FESTIVAL If the chilly weather had participants huddling a little closer together or dancing a little faster at yesterday's ArtsPark fair in Hintonburg, it only added to the friendly atmosphere in Parkdale Park.

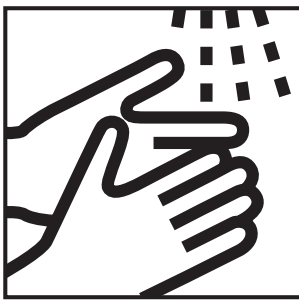
The annual event, described by organizers as a "very urban village fair," has since 2004 showcased the neighbourhood's artistic and cultural wealth, as embodied by local artists, galleries and restaurants.

This year's Mother's Day extravaganza was full of local paintings, crafts, jewelry and food, all of which helped land Hintonburg on enRoute Magazine's list of Canada's top 10 emerging neighbourhoods in 2007.

Arc Poetry Magazine once again offered its "poetry factory" where for a loonie or toonie, real live wordsmiths would bang out poems on manual typewriters while you wait .

Beyond the main venue, a guided walking tour and a "gallery hop" between Hintonburg's art hotspots spread the party through the neighbourhood.

Organizer Charles Reynolds estimated 1,500 people attended, While hotter ArtsPark days of years past have had attendees scrambling for the sunscreen, Reynolds said, "This year, it's 'Where's the coffee?'" STEVE COLLINS/ FOR METRO OTTAWA



H1N1 Flu Virus: the best way to stay healthy is to wash your hands thoroughly and often or use an alcohol-based hand sanitizer.

For information, visit: **ontario.ca/flu**
Or call **ServiceOntario INFOline at: 1-800-476-9708** | **TTY: 1-800-387-5559**
If you have symptoms, call **Telehealth Ontario at: 1-866-797-0000** | **TTY: 1-866-797-0007**
Or contact your health care provider.

Ontario

City collecting electronic waste
The City of Ottawa is hosting a one-day residential electronic waste collection depot at the Robert O. Pickard Environmental Centre this Saturday. Items collected will be completely recycled, preventing the hazardous substances contained in some of these items from harming the environment and ensuring they are diverted from landfills. METRO OTTAWA

'The world is getting more dangerous'

Self-defence instructor helps residents prepare for the worst

TRACEY TONG
tracey.tong@metronews.ca

It can be a scary world out there.

With two murders in the capital last week, Ottawa is not immune, an area Krav Maga instructor said yesterday.

"The world is getting more dangerous," said Laurent Mougeot.

"There have been two homicides last week — once where a person was shot and once where a person was beaten to death," he said.

It's no wonder that Krav Maga — a self-defence system adopted by the FBI, the Israeli Defense Forces and many law enforcement bodies around the world — has grown exponentially in Ottawa over the last year, said Mougeot, with the number of students in the area near doubling.

Yesterday, local students took their skills further when one of the world's authorities in self-defence and counterterrorism held a workshop for Ottawa residents yesterday.

"Today is to teach them some fighting tactics and defence (against people) armed with guns, knives and rifles," said Montreal-based Thierry Cimkauskas, who is also the national director of the Canadian branch of the International Krav Maga Federation.

While in the past, Krav Maga was mostly taught to law enforcement and military officers, regular citizens are becoming more and more interested in learning skills, said Cimkauskas.

The reason for this, he said, is that increasingly, "civilians are the targets" of attacks.

With traditional martial arts, it takes years to learn techniques that can actually be applied, said Mougeot.

"You can do karate for 20 years and still never learn how to defend yourself," he said.

"Sometimes, people want to learn to defend themselves and they want to learn fast," he said.

Krav Maga teaches them street-tested survival skills that they can use right away, he said.

"Everything we do works on the streets and in the worst conditions — in the dark, against multiple opponents, and against people with guns or knives," Mougeot said.

TRACEY TONG/METRO OTTAWA

Thierry Cimkauskas, right, takes a rifle from Krav Maga instructor Laurent Mougeot in a demonstration at Carleton yesterday.

Police seek man after intrusion

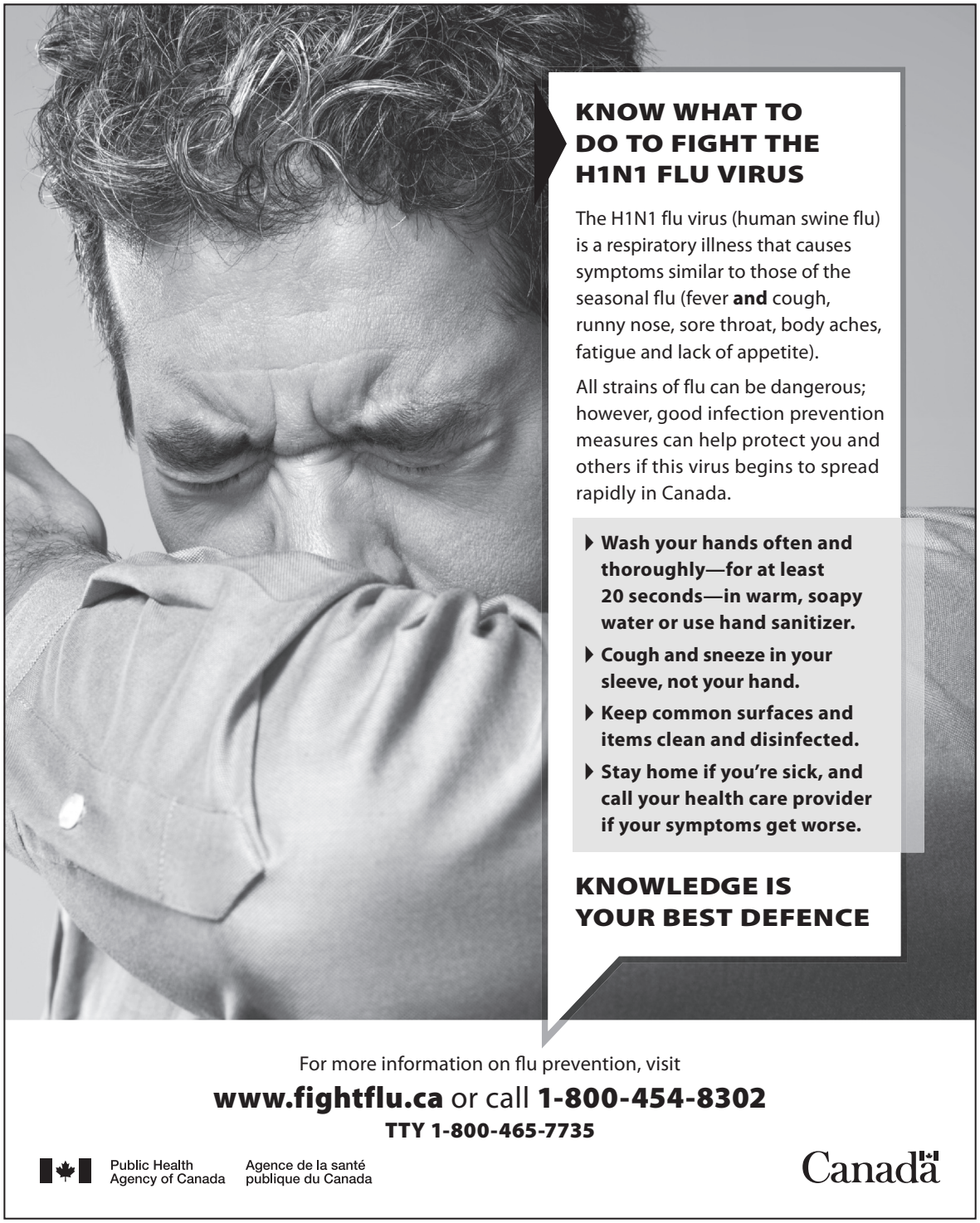
SCHOOL Ottawa police said yesterday they are seeking a suspicious male after a man entered a Greenbank Road-area school late last week.

At 4 p.m. on Thursday, a man watched a group of students playing outside a school in the Trend Arlington area, and then entered the school. He left after a staff member confronted him, police said.

The suspect is a white male in his 20s, pale, approximately six feet tall with a medium to slender build with bushy eyebrows. He was wearing a grey hooded sweatshirt and had a blue bike helmet with black visor.

The male spoke English with no accent and was observed riding a mountain bike prior to the incident in the school. Witnesses described the male as acting strangely and indicated that he may have walked with a limp.

TRACEY TONG/METRO OTTAWA



Feds appeal push to release Khadr
The federal government said Friday it would appeal a court order that it press Washington to release Omar Khadr, a Canadian held in the U.S. military prison at Guantanamo Bay, Cuba. REUTERS

Canada

Hundreds of hogs culled: Vet

Alberta's chief veterinarian says just under 500 hogs have been culled on the pig farm where influenza A (H1N1), also known as swine flu, was detected, but not because the animals were sick. The decision to cull the herd was to ease overcrowding, Dr. Gerald Hauer added Saturday. "This doesn't have anything to do with the flu," Hauer told a news conference. "It has to do ... with animal welfare." CBC NEWS ONLINE

Ex-PM to take stand

INQUIRY Former Prime Minister Brian Mulroney takes the stand this week to testify about his dealings with arms lobbyist Karlheinz Schreiber as a new poll reveals that many Canadians consider the inquiry a waste of time and money.

Mulroney spent the weekend with advisers in final preparation for his appearance on the witness stand tomorrow.

"Thousands of pages of documentation are getting reviewed, dozens of hours of review and interrogation and consideration of different approaches," said Robin Sears, a spokesperson for Mulroney. TORSTAR NEWS SERVICE

Babies being sent home: Study

IMMIGRANTS They are highly educated professionals who come to Canada with a dream to build a better future for their children, but that immigrant dream may come with a catch.

New parents, Helen Song, Vivian Jia and Crystal Tian — all recent immigrants from mainland China — are faced with one of the toughest decisions of their lives: Should they send their babies back to China in the care of the grandparents, so they can restart stalled careers and rebuild a new life?

According to a new Canadian study to be published in today's Infant Mental Health Journal, an increasing number of immigrants to Canada and the U.S. are shipping infants to their home country to be raised by extended families.

The phenomenon of "satellite babies" is also common in Vancouver, San Francisco and Los Angeles, and is widespread across different cultures, said York University psychology professor Yvonne Bohr. TORSTAR NEWS SERVICE

B.C. to decide vote reform

Ballots to ask whether transferable vote system should be implemented

Revving up voters on the issue of electoral reform has come down to which side has the best hockey analogy in a province more focused on the Stanley Cup than STV.

The no side says voting for the Single Transferable Vote system is akin to the Canucks winning four games in the best of seven round but losing out to the Chicago Blackhawks before they scored more goals.

The yes side, not to be outdone, has their own version. Voting against STV on May 12 would be like letting the Blackhawks win the game just because they scored a goal in each of the first two periods and ignoring the three goals scored by the Canucks in the third period.

For a second election in a row, B.C. voters will decide whether to keep the current system or vote on STV, the electoral reform that divvies up the vote. B.C. voters will once again have two choices on their ballot when they vote in the provincial election May 12.

MINE SALKIN/ FOR METRO CANADA

British Columbia Premier Gordon Campbell "takes a break from campaigning" to have lunch with his wife, Nancy, and their grandchildren on Mother's Day at a Vancouver restaurant. The B.C. Liberal Leader is hoping to be elected for a third term in tomorrow's provincial election.

They'll be asked to check which system is better: the first-past-the-post current process or STV-B.C. in which voters allocate their vote to a most preferred candidate.

STV has been condemned by critics and praised by supporters.

The choice was on the ballot in the 2005 British Columbia provincial election and STV narrowly lost, missing the required 60 per cent threshold.

Although a clear majority of British Columbia voters at 58 per cent wanted a change. TORSTAR NEWS SERVICE

Ottawa man falls to death

DEATH Authorities in Ottawa believe a man was trying to clean the outside of his fourth-floor apartment windows when he fell to his death.

Fellow residents watched as the man's body, covered in yellow plastic, lay face down on the paved sidewalk on Saturday, with a bent sponge mop at his side. It's believed he was leaning over his balcony to clean a window when he fell to his death. The victim was pronounced dead at the scene of the 12-storey apartment building.

He is believed to be in his late 30s, but his name will not be released until his parents are notified. TORSTAR NEWS SERVICE

Intruders shoot up party

SHOOTING Was a shootout at a Toronto party early yesterday retribution for recent killings?

That's the question police and residents are asking after three intruders shot up a birthday party, sending six people to hospital.

Three victims — one shot in the face, another in the neck — were reported in critical condition. It was not clear whether all would survive their wounds. One woman said she heard what she thought was a car backfire, then about 25 shots in rapid succession, as if they'd come from an automatic weapon. She ran out of her townhouse to see a wounded teen trying to climb her fence. TORSTAR NEWS SERVICE

Flu **Outbreak:** WHO says more than 4,000 infected in 29 countries

- Influenza A (H1N1), also known as swine flu, has infected 4,379 people in 29 countries, the World Health Organization (WHO) said, increasing its count by almost a thousand in a day. The WHO tally tends to lag national reports but is considered definitive.
- The swine flu killed its first patient in Canada, making it the third country after Mexico and the United States to report a death from the virus that has made more than 3,400 people in 28 countries ill. Her death was reported Thursday but confirmed over the weekend. The chief medical officer in Alberta said that the woman in her 30s who died on April 28 had not travelled to Mexico, the epicentre of the swine flu outbreak, which suggests a more sustained spread.
- Mainland China has reported its first suspected case of swine flu, a Chinese man in Sichuan province who had returned from studying in the United States, the Health Ministry said yesterday. The 30-year-old man was being treated in a hospital in provincial capital Chengdu and has been placed in quarantine, the ministry said in a statement.
- The number of Mexicans confirmed killed by the new flu virus rose by three to 48, Mexico's Health Ministry said Saturday, as life returned to normal in Mexico City where businesses have reopened after being closed for days.
- Swine flu popped up in Australia and has been confirmed in more than 2,000 Americans, but health officials said Saturday the true number of cases was underestimated. REUTERS
- Officials in Japan scrambled Saturday to track travellers who arrived on the same flight as three people who were diagnosed with the country's first confirmed cases of swine flu after returning from Canada. CBC NEWS ONLINE

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Texting blamed for crash
An underground crash of commuter trolleys in Boston was caused by one driver text messaging, transit officials said. One trolley slammed into the back of another Friday, injuring 49 people. METRO NEWS SERVICES

World

Obama as comedian-in-chief

U.S. President Barack Obama played the role of comedian Saturday at the White House Correspondents' Association dinner, ticking off a series of goals he hoped to achieve. In the next 100 days of his adminstration, he said he expected to house-train his new dog, Bo. "The last thing (Treasury Secretary) Tim Geithner needs is someone else treating him like a fire hydrant," Obama said. REUTERS

15,000 who fled wildfires allowed home

CALIFORNIA Some 15,000 people — more than half of those evacuated from an area near Santa Barbara, Calif., — were allowed back home Saturday as firefighters made progress against a wildfire that has raged for five days.

Of the 30,500 people originally forced to leave, about 14,735 remained under mandatory evacuation as of Saturday afternoon, said Harry Hagen, a spokesman for Santa Barbara County's emergency operations centre. REUTERS

News in brief

LOTTERY A lottery player in Spain has won 126 million euros ($169 million US), the biggest ever European jackpot for a ticket, lottery organizer EuroMillions said. REUTERS

U.S. won't halt air strikes

The United States said yesterday it would not halt air strikes in Afghanistan as demanded by President Hamid Karzai after civilian deaths.

The U.S. military acknowledged on Saturday that the air strikes in western Afghanistan last week that struck crowded homes in two villages in Farah province had killed civilians. Karzai put the death toll at up to 130 people.

Chanting "Death to America," hundreds of Kabul university students protested against the killings.

"We're going to take a look at trying to make sure that we correct those things we can correct, but certainly to tie the hands of our commanders and say we're not going to conduct air strikes, it would be imprudent," White House national security adviser James Jones said. He also said the United States would "redouble our efforts to make sure that innocent civilians are not killed."

The Taliban were "using civilians as shields," he added. "So we have to take a look at this, make sure that our commanders understand, you know, the subtleties of the situation, the complexity of it, and do the right thing."

Suicide bombers on motorbikes killed at least seven people yesterday when they attacked a police convoy in Afghanistan's southern province of Helmand. REUTERS

MOHSIN RAZA/REUTERS

Women march against the Taliban in Pakistan yesterday.

Dozens killed in Somali clashes

INSURGENCY Clashes between rival Islamist groups have killed at least 65 people and wounded more than 190 others in three days of battles in Somalia's capital Mogadishu, witnesses and hospital sources said yesterday. The African nation's interim government is struggling with a powerful insurgency in one of the world's most dangerous countries.

At least 15 other people were killed when a mortar struck a local mosque, witnesses said. REUTERS

News in brief

MIDDLE EAST Pope Benedict XVI yesterday visited the site on the Jordan River where Jesus is believed to have been baptized and urged Christians in the Middle East to play a role in seeking peace. "Christians are called to offer their contribution," he said. REUTERS

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Comment & Views

Comment

Reasons to love Canada

HineSight

Anne Hines

metronews.ca/hinesight

When asked to share what I love about Canada, I have to admit my first response was, "Well … all my stuff is here." Followed by, "People don't laugh at me for ending every sentence with, 'eh.' … at least not often."

However, having mulled over the question, I realize there are many excellent reasons to love both Canadians and Canada. Here are my top four.

1.) **Optimism**. Three hundred years ago, our country's founders arrived in this place, confronted a landscape consisting of trees, trees, trees, blackflies, rocks, poison ivy and frozen stuff and said, "Let's settle here. How bad can it be?"

This, while their fellow settlers were choosing Florida.

It's our indomitable optimism that leads Canadians to participate in such determinedly hopeful activities as putting away our snow shovels in April. And, it's this same unconquerable confidence that lets us head into the voting booths every few years saying, "Let's elect another conservative government. How bad can it be?"

2.) **Polite behaviour**. A New York City cashier once asked if I was Canadian.

"You've thanked me three times," she said, "And I haven't even given you your change yet."

SunnySide

If there's one thing that makes a true Canadian want to spit, it's people who can't behave politely.

My mother threatens to call the parents of telemarketers who bother her at dinnertime.

Likewise, Canadians are shocked and appalled at the brawling and fighting that takes places among sports fans in other countries.

We keep that kind of behaviour where it belongs — in the morning lineup at Tim Hortons.

3.) **Health care**. A few years back, I attended an international conference on women's health. When the subject of MRIs came up, I complained to the woman beside me that where I live it might take up to eight months to get scanned. I asked how long she'd have to wait in her country. She sighed. "The rest of my life."

Granted, our health-care system may be frustrating, inefficient and expensive, but health care in Canada has one thing going for it: You can get it.

4.) **Same-sex marriage**. An American comic at Yuk Yuk's commented recently how impressed he was that Canada fully embraced same-sex marriage, once it could be proven it would in no way affect professional hockey. For me it sums up what's great about Canadians.

Many are optimistic, most are polite. And, the rest are popping their government-subsidized meds saying, "Well … how bad can it be?"

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

MICHAEL DE ADDER

Views

Tip your hat to OC Transpo's positives

InTransit

Kim Mannix Vermette

metronews.ca/intransit

To some extent I think it's human nature to complain.

It's less common to hear those around us (or ourselves) doling out compliments than it is to hear rants about everything that's wrong.

Certainly there are many rant-worthy elements to Ottawa's transit system, but when you ride the bus day in and day out you start to realize that there's actually a fair bit to appreciate about being a passenger in the capital.

Some things actually work pretty well.

When I first moved here

SunnySide

I remember being quite pleasantly surprised by the efficiency and ease of the OC Transpo website, especially the travel planner.

I had previously lived in Kingston — where busing was a nightmare — and before that Toronto, which surprisingly didn't have anything as efficient as a travel planner on the Toronto transit site.

In fact, last I checked the biggest city in Canada still didn't have any kind of website-based travel planner.

So I found it immensely helpful to have a way to quickly find out the easiest, and any alternative way, to get where I needed to go on the bus.

For a city as geographically spread out as Ottawa, I think it's also impressive that — with a little patience and ample time — you really can get just about anywhere you need to go via transit.

With cautious optimism I say I believe this is going to get better in the future, and that planned changes will make travel to the far corners and boroughs of Ottawa more efficient for riders.

Compared to other cities I think Ottawa transit can also take pride in its cleanliness.

Aside from the occasional abandoned coffee cup or newspaper, the seats and aisles are usually free from litter.

Travel planner

- If you would like to use the OC Transpo travel planner to get a headstart on your trip, visit octranspo.com

And the bus surfaces — including the upholstery, windows, floors and poles — really don't display the grime that tens of thousands of riders per day likely create.

The same nod to general tidiness can be given to most of the stops and transit stations too, especially since the city passed the bylaw prohibiting smoking on OC Transpo property. In fact, if there were some way to stop people from spitting, I might be inclined to declare the stops pristine.

By tomorrow I am sure I will have a list of complaints that might negate all the OC Transpo love I'm feeling today, but for today I am happy to tip my hat to everything that's working just right.

Lifelong transit rider Kim Mannix Vermette has lived in Ottawa for almost five years. She actually enjoys taking the bus.

Worth Mentioning

Obama more popular than U.S. with Arab nations: Poll

U.S. President Barack Obama's popularity in Arab countries far outstrips that of the United States, suggesting he could be able to boost goodwill in the region toward his country, a survey showed yesterday

Obama, set to give a major speech to the Muslim world in Egypt next month, "currently enjoys widespread optimism among citizens of that region that he will have a positive effect on their own country, the Middle East, the United States and indeed the world," the polling outfit Ipsos said.

Ipsos said its poll, conducted in March, involved 7,000 adults in Saudi Arabia, the United Arab Emirates, Kuwait, Lebanon, Egypt and Jordan.

Of those surveyed, 33 per cent had a favourable view of the United States, 43 per cent had a negative view, 14 per cent were neutral and 10 per cent said they did not know, Ipsos said.

In contrast, Obama received favourable ratings averaging 48 per cent in the region as a whole. Approval ran as high as 58 per cent in Jordan and was lowest among Egyptians, who gave Obama favourable ratings of 35 per cent, Ipsos said.

REUTERS

Metro Online Poll Results

40% SAID YES	Should the CRTC allow Al-Jazeera to broadcast in Canada?	60% SAID NO

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Use newspaper as mulch for your garden

Shredded newspaper can be used as mulch during the summer. The newspaper will reduce evaporation and lessen the amount of watering needed by your plants, according to Greeniology: How To Live Well, Be Green And Make A Difference by Tanya Ha. METRO NEWS SERVICES

Going Green

Air drying can save money

Did you know that your clothes dryer uses up to 10 per cent of your home's electricity? Hanging clothes to dry makes them last longer and smell better, and it saves you money on your energy bills as well as reducing the fire hazard from this appliance. Balcony-friendly drying racks can be found at many stores. DAVID SUZUKI FOUNDATION

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

Pests be gone — naturally

EarthTones

Sophia Dore & Andrew Laursen

metronews.ca/earthtones

While watching TV recently we noticed ants are now marching two by two across the floor. The occasional ant or insect doesn't much faze us, it's part of life. Hakuna matata. But we are now entering bug season and we'd like to stop them before they carry off the remote control. Then we'd be in a fix!

The problem is that with a new baby spending tummy time on the floor, we need to be a bit more careful about what we use to control the bugs.

Many of you would also prefer not to use poisons where you can help it. So with bug season underway, we thought it might be a good time for a pest issue.

A common method of control in the house is the ant trap, the idea being that ants find the bait, carry the poison back to the nest, destroying the colony. A bit more targeted than spraying an insecticide, but still a poison you may not want in your house. Plus, it's a bit off-putting when you see an ant trap.

Another route for controlling ants is disrupting their trails. As ants forage, they leave a scent trail that others from the colony can follow to good food sources, like your corn flakes. Using something like oil soap on wood can disrupt the trail, although this will be an ongoing battle as new scouts rediscover your breakfast stash.

There are many products available that have plant oils as active ingredients. The most common are products that use cedar or juniper oils, but there are many other plant oils in use. These oils not only disrupt scent trails, but they actively repel many insects including cockroaches, mites, silverfish, spiders, and ants. The active deterrents mean you may not need to use these as often.

Insects, like the rest of us, are responsive to chemical cues from would-be mates. We've probably all been a bit confused by someone's perfume or cologne, possibly contributing to regrettable decisions. And we're a bit more intellectually sophisticated than cockroaches. A number of products use that confusion against insect pests, luring them into traps with pheromones usually secreted during mating. Look for glue traps that incorporate pheromones for household pests, but remember that these will be very specific. A trap designed for silverfish is not going to work on your ants or roaches.

Another strategy uses other hormones (not pheromones) to disrupt life cycles of specific pests. These insect growth regulators often prevent molting or other developmental processes in insects, preventing them from growing and reaching reproductive maturity. These are insect hormones, not poisons, and will not pose a risk to you, your toddler, or even your dog since shedding is not technically molting. Look for products containing Nylar, Precor or Methoprene.

Good luck. We have to run now since the ants are making off with the good silver.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

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Give up bottle, but not water

Can't bring a plastic water bottle into work anymore? You're not alone.

According to the Polaris Institute, there are 27 municipalities from six provinces that have implemented restrictions on bottled water in city facilities. And that's only in Canada; various other cities in the United States, Europe and Australia are also placing bans on the highly popular plastic water bottle and mounting promotions to go "back to tap."

It makes sense. Statistics Canada says almost one-third of Canadian households are choosing to drink bottled water over tap. And since as few as 50 per cent of the water bottles consumed in cities such as Toronto are recycled, that leaves millions of water bottles to plug up waste sites. Toronto alone sends up to 65 million empty bottles to landfills every year.

In a further effort to curb the waste, Canadian cities such as Toronto, Metro Vancouver, Waterloo, Ont., and more are promoting municipal tap water. And why not? Canada has some of the safest, cleanest and most accessible drinking water in the world. In fact, not only is potable tap water available in most communities across the country, it is also far more regulated than bottled water.

Here are just some of the benefits to switching from plastic to reusable water bottles:

- You'll save money. A Canadian study showed that a one-litre brand name bottle of water at $2.50 is 3,000 times more expensive than the equal amount of municipal tap water.
- You'll help to divert plastic bottles from clogging up the landfills. It takes 700 years before a plastic bottle will begin to decompose in a landfill.
- It's easy to stay healthy and hydrated. A reusable hydration bottle is convenient to refill almost anywhere you go.

NEWS CANADA

Push your way to a greener lawn

MOWER The world's most advanced cylinder push lawn mower will make pollution-emitting power mowers a thing of the past and change lawn cutting from a chore to a pleasure when Canadians cut their grass.

That's the prospect offered by the Brill Razor Cut 33/38 mowers, made in Germany and distributed in Canada by Grun Canada.

Pollution

- According to Statistics Canada, in just one season, the average gas-powered lawn mower emits the same amount of pollution as a car driven 500 kilometres.

Brill mowers are lightweight (9.9 kilograms) and feature a unique friction-free cylinder cutting mechanism that trims grass neatly and effortlessly. Because the mower's blades make no contact with their metal housing, they never need sharpening.

The new push mowers offer hope that the 10 per cent of air pollution caused by the types of small engines used in power mowers can soon be eliminated. Every summer weekend, according to Statistics Canada, about 2.7 million Canadians mow their lawns, using 40 million gallons of gasoline per year. This contributes significantly to several types of air quality pollutants.

Brill mowers are available exclusively at Home Hardware across Canada or interested consumers can order one online at mysmartgarden.ca.

METRO NEWS SERVICES

$12B plan announced to boost auto purchase financing
In an effort to bolster the ailing auto sector, the federal government announced on Friday it is rolling out the $12-billion Canadian Secured Credit Facility to support financing to buy or lease vehicles and equipment. **CBC NEWS ONLINE**

Business

GAZ asked to bid for Opel: Media

Canadian auto-parts maker Magna has asked Russia's GAZ to make a bid for a stake in General Motors' German carmaking unit, Opel, Russian Prime Minister Vladimir Putin said, according to an interview published yesterday. Putin was quoted as saying Russia would not intervene in a possible deal that German media say could be part of a plan to create a car giant producing up to five million vehicles a year. REUTERS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Job losses halt in April

Increase in self-employment creates 36,000 net positions

An increase in self-employment allowed Canada's economy to get an unexpected break in April from the punishing job losses that have pummelled it since last fall.

The economy created 36,000 net positions last month, leaving the unemployment rate unchanged at eight per cent, a seven-year high. The positive job number shocked economists, who had anticipated, on average, a loss of about 50,000 jobs.

But economists warned the jobless report should be taken with a grain of salt. Statistics Canada chalked up the overall gain to an influx of 37,000 people in the self-employed category.

"It's probably safe to say that a large portion of this was likely those who were laid off and forced into self-employment, a trend that was also noticeable during the 1990s recession," Toronto Dominion Bank economist Diana Petramala wrote in a research note.

Doug Porter, deputy chief economist at BMO Capital Markets, said the unemployment report is "clearly good news, but it's premature to send the all-clear signal." He added that "head fakes" are always possible.

One glimmer of hope was that job losses among employees amounted to only 1,100, far lower than March. The public sector added 9,300 jobs, while the private sector shed 10,400 positions.

Full-time employment grew by 39,000 jobs, while 3,600 part-time positions were lost. **TORSTAR NEWS SERVICE**

Overall employment

- Despite April's increase, overall employment has plummeted by 321,000 since peaking last October.

Business in brief

AVIATION Air Canada's first-quarter loss deepened by 39 per cent, the airline said Friday, as it faced a sharp drop in coveted business customers amid economic turbulence. The carrier recorded a net loss of $400 million for the quarter.

DOLLAR The Canadian dollar looks set for a pullback after its recent charge to a six-month high as investor euphoria over upbeat data meets the hard reality of the global economy's ongoing problems, analysts say. **METRO NEWS SERVICES**

Disney/Pixar to launch studio in Vancouver

ANIMATION To accommodate a growing slate of non-feature projects, Disney and Pixar will launch an animation studio in Vancouver in the fall.

The focus will be on Pixar's established characters, including Buzz and Woody from the Toy Story films and Lightning McQueen and Mater from Cars.

"The operation will be small in size and dedicated to producing short-form quality computer animation."
Ed Catmull, president Disney/Pixar

"The operation will be small in size and dedicated to producing short-form quality computer animation for theme parks, DVDs, television and theatrical exhibition ... for several different divisions of the Walt Disney Co.," Disney/Pixar president Ed Catmull said.

Pixar general manager Jim Morris said he expects the staff to reach 75 to 100. He added that feature work and all stereoscopic 3-D work will still be done at Pixar's headquarters in California.

Tax incentives, a local talent base and proximity to Pixar contributed to the decision. Pixar will receive incentives offered for animation production and research and development. REUTERS

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Seven more IIHF tourneys coming to Canada

Seven more international hockey tournaments are coming to Canada. In addition to next year's world junior tournament in Regina and Saskatoon and the 2012 event in Calgary and Edmonton, Canada will now host the events in 2015, 2017, 2019 and 2021. The world women's championship returns in 2013, 2016 and 2020. METRO NEWS SERVICES

Sports

Button takes Spanish GP

Formula One leader Jenson Button banked his fourth victory in five races yesterday at the Spanish Grand Prix after overtaking his downcast GP teammate Rubens Barrichello, who finished second and trails Button by 14 points in the championship. Australian Mark Webber was third for Red Bull, tallying his second podium finish of the season. REUTERS

Russia downs Canada to win gold medal

HOCKEY Russia rallied to beat Canada 2-1 and win the world ice hockey championship yesterday, taking its second championship in a row.

Jason Spezza gave Canada an early lead, but Oleg Saprykin equalized in the first period and Alexander Radulov fired the winner five minutes from the end of the second.

The Russians, who won last year's final 5-4 in overtime on Canadian soil to win the trophy for the first time in 15 years, survived a tense third period to frustrate Canada again.

Russia's Ilya Kovalchuk was named player of the tournament. REUTERS

Stenson cruises to TPC title

GOLF Sweden's Henrik Stenson kept his cool in 90 degree heat to win the Players Championship by four shots, as a frustrated Tiger Woods crashed out of contention at the TPC Sawgrass course yesterday.

The unflappable Swede carded the only bogey-free round on the final day, a six-under-par 66 for 12-under overall, to pick up his first strokeplay win on the PGA Tour. REUTERS

Wings fly past Ducks

Stanley Cup
2009 **Playoffs**

NHL RESULTS

Detroit 4 **Anaheim** 1

VS

The Detroit Red Wings pulled within a win of eliminating the Anaheim Ducks as they defeated the visitors 4-1 yesterday to take a 3-2 lead in their Western Conference semifinal series.

Johan Franzen and Jiri Hudler gave the defending champions a 2-0 lead with goals just 39 seconds apart in the second period.

After Ryan Whitney tallied for Anaheim on a power play later in the period, the Red Wings scored twice in the third.

Darren Helm collected Detroit's third goal and Henrik Zetterberg, who had two earlier assists, added an empty-netter in the final minute.

The Red Wings, who outshot the Ducks 38-17, can wrap up the series with a victory in Anaheim tomorrow.

PHOTOGRAPH BY JEFF VINNICK, GETTY IMAGES

Anaheim's Ryan Carter tries to keep the puck from Detroit's Marian Hossa yesterday. Detroit won the game 4-1 and now leads the semifinal series 3-2.

Bruins 4 Hurricanes 0

Phil Kessel scored twice and Tim Thomas recorded his first shutout this postseason, as Boston stayed alive in its Eastern Conference semifinal series with a win over Carolina.

The Hurricanes lead the best-of-seven matchup 3-2, with another chance to close it out at home tomorrow in Game 6. METRO NEWS SERVICES

Sports in brief

BASEBALL Alex Rios went 2-for-4 with a homer and three runs batted in while Brett Cecil tossed eight frames of scoreless ball to get his first career win, as the Toronto Blue Jays shut out the Oakland Athletics 5-0 in the rubber match of a three-game set.

SOCCER Manchester United strolled to a 2-0 defeat of Manchester City yesterday to return to the top of the Premier League and closer to a record-equalling 18th title.

NBA Shane Battier scored 12 of his playoff career- high 23 points in the first quarter, as the Houston Rockets manhandled the Los Angeles Lakers 99-87 in Game 4 of their now dead-locked Western Conference semifinal series. METRO NEWS SERVICES

Soccer fans left in lurch

JustSoccer

Ben Rycroft

PHOTOGRAPH BY JAMES WORSFOLD

metronews.ca/justsoccer

Canadian soccer fans were left in the lurch this week when they learned of broadcasting problems on foreign and domestic sides of the ball.

Last week it was revealed that Setanta, the broadcaster that provides Canucks with English Premiership games, is in serious financial trouble.

The Premiership rejected the broadcaster's request to defer an instalment payment of $105 million due at the end of this month.

Rogers, the sole Canadian carrier of Setanta, declined comment on the future of the channel and it remains unclear if Setanta were to fail to meet its financial obligations, how that would affect the Rogers agreement to broadcast the English game.

Meanwhile, Rogers Sportsnet announced it would not cover two of the Nutrilite Voyageurs Cup games.

It's passing on the most-anticipated domestic game of the year, as Montreal takes on Toronto Wednesday, to throw the full weight of Sportsnet behind the team it owns, the Toronto Blue Jays.

Toronto FC director of business operations Paul Beirne confirmed that the match will only be broadcast on the TFC website.

It speaks to how far the club is willing to go for coverage, but also to the need for a dedicated channel.

Toronto FC purchased a controlling stake in the soccer channel GOLTV last year and have broadcast a few games on it this season.

Canadian fans, who shell out $15 a month for Setanta, have shown they are willing to pay more for a broadcaster that provides accurate and consistent coverage.

If other stations aren't willing to provide that, the same can be assumed for the domestic side of the ball.

Watch Ben Rycroft on the It's Called Football show every Tuesday at metronews.ca; ben.rycroft@metronews.ca.

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Ontario students pay more for their share: OCUFA
In its comparison of Ontario's tuition levels to peer jurisdictions in Canada and the U.S., the Ontario Confederation of University Faculty Associations says students in the province are paying more than their "share," both in terms of tuition costs and proportion of total operating revenue. METRO NEWS SERVICES

Workology

Students flood Oz
Foreign student enrolment at Australian institutions has jumped to a record 20 per cent, despite expectations such enrolment would dip due to the global recession.
METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Getting people on their feet

In her search for great dance music, Melleny Melody led Deadmau5 to a Juno

RAFAEL BRUSILOW
for Metro Canada

Melleny Melody has the voice of a Care Bear, the stage presence of a star and the business know-how it takes to run one of Canada's premier electronic and dance music labels.

Melody is the multi-talented performer, songwriter and founder of Play Records who is perhaps most identifiable as the person who discovered world-renowned DJ-producer Deadmau5 (pronounced "dead mouse").

She's also had a fascinatingly varied career performing as her alter-ego, Mellefresh, creating her own music and even working as a voice actor on the hit children's show The Care Bears — listen closely to Cheer Bear or Baby Tugs and you'll hear Melody's trademark bubbly timbre.

RAFAEL BRUSILOW/FOR METRO CANADA

A Care Bear and the head of Canada's premier electronic and dance record label, Melleny Melody has a busy, but successful, life.

Most importantly though, Melody has successfully helmed her own music label to the top of an industry frequently led by men.

"There's very few women label owners in the music business. It's good for you if you can establish yourself and keep a presence," Melody said.

Melody launched Play Records in 1996 and has since expanded the label into a digital-only division (Play Digital) as well as the more mainstream-friendly sub-label YALP Records, with close to 30 individual artists and more than 250 wholly owned tracks in the entire Play roster. The label has also licensed music to hit television shows Queer as Folk and The L Word as well as commercial spots for Aveda, Kellogg's and 7-Up.

Running the label has had its challenges but Melody says her love for music has made pushing through all the difficult times worth it, especially with Play's growing success.

"I've always put my own money into this — I probably owe myself a million dollars. You have to do this for the love. Longevity is going to tell the tale of whether you're worth it in the end," she said.

Melody first discovered Deadmau5 (real name Joel Zimmerman) in 2004 and convinced him to move from Niagara Falls, Ont., to Toronto where the pair started collaborating on tracks. Since then, Deadmau5's career has skyrocketed with the 28-year-old phenom having won a 2008 Juno for Best Dance Recording for All U Ever Want with Billie Newton-Davis while being nominated in the same year on the track After Hours with vocals performed and written by Melody.

Collaborating with artists is one of the best parts of her job, Melody says, and in the end all she wants to do is find great artists and create music that is worth listening to.

"I just want to do good dance music — I want to do music that gets you up off your ass and is playful, happy music. I want to keep on finding exciting new talent more than anything. My door is always open," Melody said.

"I want to do music that gets you up off your ass and is playful, happy music."
Melleny Melody

Got an accent? Talk to Jay Miller

OddJobs

Metronews.ca/oddjobs

Jay Miller's early years were spent doing two things. Singing. Mainly in church choirs in the Mennonite community in Maryland where he grew up.

And helping people. He worked at a school for children with special needs and as an administrative assistant for a religious organization. He also worked as a carpenter, a builder and a baker.

Miller was in his early 30s — he's now 48 — when he did some career counselling and the idea of speech therapy came up. It blended his knowledge of the voice and his desire to give help others.

He took an undergraduate degree in speech language and hearing science at Temple University in Philadelphia. While his classmates went on to further study in therapeutic work, he realized he'd yet to find the perfect career. "It was clear to me my interest in voice was more artistic than clinical. I was interested in working with normal voices, not sick voices."

A professor suggested the master's program at York University in theatre, where he could get a diploma in voice teaching at the same time. So, Miller came to Canada, and found himself studying theatre. "The acting part was odd," he admits.

"I finally decided to get serious and started a private practice and focus my attention on business and professional clients. And the rest is history."

While Miller found teaching large classes exhausting, he's invigorated by his hour-long one-on-one sessions with clients. People come to him to get rid of accents (a big part of his early work in private practice), learn to speak more slowly, or make their voices lower, stronger, less raspy or less nasal.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Van Halen signs up for Guitar Hero

Activision Blizzard is releasing three new music-based video games this year — DJ Hero, Guitar Hero 5 and Band Hero — and has confirmed that Guitar Hero: Van Halen is on tap. The Van Halen game will be released in the second half of the year. METRO NEWS SERVICES

Entertainment

Moore music

Pop star Mandy Moore has confirmed that new album Amanda Leigh, which she describes in a press release as "a collection of reflections and insights about life and love," will be released on June 3. METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Weekend box office

1. **Star Trek:** $72.5 million US
2. **X-Men Origins: Wolverine:** $27 million
3. **Ghosts of Girlfriends Past:** $10.45 million
4. **Obsessed:** $6.6 million
5. **17 Again:** $4.4 million
6. **Next Day Air:** $4 million (U.S. only)
7. **The Soloist:** $3.6 million
8. **Monsters vs. Aliens:** $3.4 million
9. **Earth:** $2.5 million
10. **Hannah Montana: The Movie:** $2.4 million

REUTERS

Words lost in translation

Satire helps Chuck Palahniuk get point across in new book

ADAM NAYMAN
for Metro Canada

"The glory of being a writer," says Chuck Palahniuk, "is that when you mess up really badly, you're able to transform it into something that works out."

The Fight Club author is referring to a faux pas he made on German national radio a few years back: Eschewing the services of a translator, he accidentally conflated two German verbs and ended up offending an entire national listening audience.

"The publicist who was accompanying me was just furious," he recalls. "She told me that I had said 'I'm sorry I have gassed so many German people to death.' And that I had apparently said it several times."

The eponymous narrator of Pygmy is similarly lost in translation: The novel is told from the point of view (and the fractured syntax) of a thirteen-year-old boy from an unnamed totalitarian state who has come to America as part of an elaborate terrorist plot. Pygmy's plan to explode his new home bumps up against his burgeoning affection for his new foster sister, a development that enables Palahniuk to deploy some slyly double-sided satire; for Pygmy, America may be a "hive of corruption" but it's also a space of great temptation.

GETTY IMAGES

Fight Club author Chuck Palahniuk has a new book called Pygmy.

"I wanted to make fun of people who are rah-rah supper patriots and who think that the country can do no wrong, while also covering the people who think that America is the most evil entity on Earth, like the Devil Incarnate," says Palahniuk.

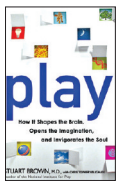
"Whether you're talking about George W. Bush or Michael Moore, there's an incredible self-obsession. You know: 'We're the best!' Or: 'We're the worst!' Either way, it's still all about us, right? Those extremes just irritate the hell out of me."

Palahniuk knows all about his extremes: He's been praised and condemned in the past for pushing the envelope with regards to content, and Pygmy is perhaps his most aggressive provocation yet, its sex and violence rendered somehow more visceral via its narrator's fractured syntax. Not that this was necessarily foremost on the author's mind: "My goal," explains Palahniuk, "was actually to make the 'ordinary stuff' special. Everybody knows what a Wal-Mart is or what a Mega Church is, so it was about reinventing them, so that we see them again, with Pygmy. And it also takes back a sense of confidence from the reader. They have to stay in the present moment, because they're always in an act of translation."

Fun game of reinvention

Play

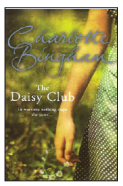
Author: Stuart Brown with Christopher Vaughan
Publisher: Penguin Canada
Price: $27.50 (Hardcover)



DR. STUART BROWN is passionate about play. He created the California-based National Institute for Play to prove it. And in his new book Play, he details the wide-reaching importance of taking time out for fun in daily life. Play, he writes, is called recreation because it actually does recreate us. Brown equates the need for play with that for food and sleep and explains the implications it has not just to our happiness but child development, education and business. Using summaries of his scientific research mixed with case studies, Brown makes his case for why play is essential to innovation and personal reinvention.

The Daisy Club

Author: Charlotte Bingham
Publisher: Bantam Press
Price: $34.95 (Hardcover)



IN THE AUTUMN of 1938, the rural English village Twistleton sits quiet, inhabited only by villagers that have maintained its rusticity for years. It's the only way of life Daisy and her friends have ever known. But others recall the ravages the First World War brought upon the village residents. When the onset of the Second World War touches down on Twistleton, the villagers are forever changed. Forced from their homes, the residents must take shelter in the Twistleton Hall. There, the people band together to battle the elements, a short food supply and further Nazi devastation while Daisy learns about life in wartime.

BookPicks

Brian Coulton/for Metro Canada

Married With Children to Modern Family?
The comedy Modern Family became the first ABC pilot to get the green light as a series for next season. The network ordered 13 episodes of the single-camera mockumentary with a cast that includes Ed O'Neill. METRO NEWS SERVICES

Networks tire of Obama TV

White House news conferences eating up advertising money

By and large, they personally forked out for his campaign, they voted for him, and they know he is capable of boosting TV ratings just by making an appearance.

But executives at the big four U.S. TV networks are seething behind the scenes that President Barack Obama has cost them about $30 million in cumulative ad revenue this year with his three prime-time news conferences.

Now top network executives quietly are hoping that Fox's decision not to air Obama's April 29 news conference will serve as precedent for denying future White House requests for prime airtime.

"We will continue to make our decisions on White House requests on a case-by-case basis, but the Fox decision gives us cover to reject a request if we feel that there is no urgent breaking news that is going to be discussed," said one network executive, who, like all, would not go on the record fearing repercussions from the Obama administration.

"Nobody wants to take on the White House, so we'll have to tiptoe through this."
Network executive, speaking anonymously

Another network executive confided, "Nobody wants to take on the White House, so we'll have to tiptoe through this."

Although Obama's post-election visits to The Tonight Show With Jay Leno and 60 Minutes were major ratings boosts, the love affair between the networks and Obama might be cooling: There are too many demands, and too much money is at stake.

Even more irksome, the White House is bailing out bankers, insurers and carmakers, but nary a nickel has gone to the media industry which has cut costs and lay off staff.

GETTY IMAGES

The love affair between major television networks and President Barack Obama might be cooling.

The White House declined comment.

The three televised Obama news conferences have been disruptive to all network schedules. Fox was particularly upset because the second one, in February, forced it to bump ratings juggernaut American Idol. The network lost as much as $6 million in ad revenue on that night alone.

The networks are wondering why the U.S. president can't hold news conferences earlier in the night, either from 7-8 p.m. or during the evening news telecasts.

Given the networks' reticence in airing their complaints publicly, it remains to be seen how strongly they'll push back when the White House makes its next request.

"Nobody's happy about these press conference preemptions, but nobody but Fox is going to get that aggressive with the White House," one industry observer said. "Some of the commentators on Fox News Channel are already at odds with the White House, so it doesn't matter as much to them."

Although network executives applaud Obama's zeal for keeping the people informed, they feel there are other ways he can deliver his messages, particularly if they don't involve a national crisis.

"There are countless ways to reach viewers today — on several hundred cable networks and online with sites like You Tube and the White House's own website," one executive said. REUTERS

Pixar, Disney set up in Vancouver

FILMS Woody and Buzz are heading north.

To accommodate a growing slate of non-feature projects, Disney and Pixar will launch an animation studio in the fall in Vancouver. The focus will be on Pixar's established characters, including Buzz and Woody from the Toy Story films and Lightning McQueen and Mater from Cars.

"The operation will be small in size and dedicated to producing short-form quality computer animation for theme parks, DVDs, television and theatrical exhibition," Disney/Pixar president Ed Catmull said. REUTERS

Kenya's Style

Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

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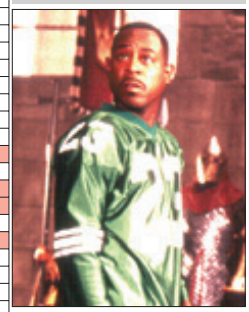
DT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/11/09	265	353	2	TVO	Time Team		The Agenda With Steve Paikin		Midsomer Murders		The Genius of Photography		Agenda-Paikin
primetime	211	331	3	GTV	ET Canada	Entertainment	House "Both Sides Now"		24 (HDTV PA) (N)		Cold Blood (N)		News
	-	-	5	SRC	Des squelettes	La Petite vie	Chère Betty (HDTV) (SC)		Belle-baie (N)	Belle-baie (N)	Le Téléjournal et Les Nou		La Zone
	209	342	6	CHRO	Instant Star	TMZ (N)	Dancing With the Stars			Jeff Ltd.	(10:02) Castle (N)		Comedy Now
	196	311	7	CTV	Hollywood	etalk	Big Bang Th	Gary Unmarr	Two/Half Men	Corner Gas	CSI: Miami "Dissolved"		News (N)
	208	303	8	CBC	TBA	TBA	To Be Announced		NHL Hockey: Western Conference Semifinal Game 6 -- Canucks at Blackhawks				
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Deal or No Deal (N)		Medium (N)		Medium (HDTV) (N)		News (N)
	117	713	10	TVA	Le Cercle (SC)	Laura Cadieux	Ma Maison Rona (SC)		Monk (HDTV) (SC)		TVA 22 heures	(10:45) *Un pourri au paradis*	
	-	-	11	QS	Loft Story	C't'une joke	CSI: NY (SC)		Flash Point		Cent dix pour cent (SC)		Loft Story
	137	763	12	TFO	Panorama		Les civilisations		*La Voie lactée* ★★★ (1969, Com. dramatique), Paul Frankeur				Facteur
	-	362	13	CBS	Dr. Phil (HDTV)		Big Bang Th	How I Met	Two/Half Men	Engagement	CSI: Miami "Dissolved"		Two/Half Men
	216	395	14	OMN2	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Foreign Domes
	214	344	15	CITY	Law & Order: SVU		Chuck (HDTV)		Less-Kind	Surviving Sub.	(10:02) Mantracker		News (N)
	115	343	16	CFMT	2Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	The Soup	How I Met	My Boys	Engagement	The Best Years (DVS)		News (N)
	-	361	20	ABC	News (N)	Entertainment	Dancing With the Stars			Surviving Sub.	(10:02) Castle (N)		News (N)
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	House "Both Sides Now"		24 (HDTV PA) (N)		News (N)		News
	-	-	64	PBS	Business Rpt.	Wings-Canada	Antiques Roadshow (N)		American Experience (N) (DVS)			Above-Beyond	Charlie Rose
	205	312	104	CTV	Hollywood	etalk	Big Bang Th	Gary Unmarr	Two/Half Men	Corner Gas	CSI: Miami "Dissolved"		News (N)
news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	MLB Baseball Atlanta Braves at New York Mets. From Citi Field in Flushing, N.Y. (Live)						Sportsnet Connected		Hockey Central
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	NHL Hockey: Eastern Conference Semifinal Game 6 -- Capitals at Penguins					SportsCentre		That's Hockey	SportsCentre
	410	403	52	SCR	RaceNight				(9:15) WWE Monday Night Raw				Score Tonight
	411	457	56	OLN	Dog the Bounty Hunter		Departures "Antarctica"		Mantracker		Dog the Bounty Hunter		Departures
family	417	406	59	SC	Pimp My Ride	Pass Time	This Week in NASCAR (N)		Making the Race: 2009 (N)		25th NASCAR All Star Reunion		Car Crazy
	554	544	48	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Punch	Robot Chicken	American Dad	Moral Orel
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Karaoke Star Junior		Malcolm-Mid.	Futurama	League-Evil	Zixx Level	Falcon Beach		Mystery Hnt.
cable variety	570	580	29	MM	The Daily Fix		Ranked!		Don't Forget the Lyrics!		Entourage	Gene Simmons	The Daily Fix
	615	520	31	A&E	CSI: Miami "Free Fall"		Intervention "Derek"		Intervention "Anthony"		Paranormal	Paranormal	Paranormal
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		UFC Fight Night				Pros vs. Joes
	521	560	34	TLC	Little People	Little People	Little People	Little People	Table for 12	Table for 12	Jon & Kate Plus 8		Little People
	145	761	35	TV5	Mot de passe		Affaires de familles				Club social		Journal TV5
	616	521	39	SHO	The Outer Limits		Cashing In	Kink in Hair	Kenny-Spenny	Kenny-Spenny	Name Is Earl	The Office	House
	620	523	40	BVO	Circa		Baby Ballroom		Riverdance: Today's Stars		To Dublin With Love		Law & Order
	520	505	42	DIS	Daily Planet (N)		MythBusters		Dirty Jobs "Maggot Farmer"		Canada's Worst Handyman (N)		Daily Planet
	575	583	43	CMT	Karaoke Star	Backstage	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Karaoke Star
	601	562	45	SLC	Skin Deep	Til Debt-Part	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	My Wardrobe	So Chic	ET Canada
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	George Carlin: On Location		Daily Show
	294	529	47	TBS	MLB Baseball Atlanta Braves at New York Mets. (HDTV) From Citi Field in Flushing, N.Y. (Live)						Home Videos	Seinfeld	Family Guy
	600	564	49	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	Property Virgin	My First Place	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		*Black Knight* ★★ (2001, Comedy) Martin Lawrence.				Stargate SG-1
	581	566	53	MTV	The Hills	After Show	Canada's Next Top Model		College Life	The Hills	The Hills	After Show	MTV Live
	618	524	54	TROP	Vanity Insanity	E News	Carlawood	Prod. Parker	Ground Up		Are You Smarter		Make or Break
	522	506	55	HIS	NCIS "Family"		Hero Ships		Bloody Italy		NCIS "Family"		Marine Mach.
	129	773	60	CD	Biographies		Fallait y penser (HDTV)		Docu-D (HDTV)		Motards hors-la-loi (HDTV)		99 histoire
	261	394	61	V	Murder, She Wrote		Green Grass	May-December	Rabbit Fall	Get-Famously	Islam in China	Clergy	Poltergeist
	602	567	62	W	Will & Grace	Friends	How Clean	Kim	Love It or List It		The Agents (N)	House	Maxed Out
	269	350	70	APTN	Notre Peuple		Tam	Pachamama	*Robe noire* ★★★ (1991, Aventures) Lothaire Bluteau.				Tshinanu
	621	527	71	TLK	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Living the Life	Look-A-Like	The Tonight Show-Jay Leno		TMZ
	603	561	95	FN	Chef at Home	Chuck-Day Off	Work for Food	Glutton-Punish.	Food Detective	Get on Plate	Kitchen Nightmares		Restaurant

critics' corner

Black Knight
Sometimes Martin Lawrence is stuck with not-so-funny material. Case in point: this mediocre 2001 comedy, in which he plays an employee of a medieval theme park. He falls in the moat and finds himself back in the 14th century, where he meets a dissipated knight and a hot chambermaid and gets roped into a rebellion 9 PM on 50 SPC



Medium
Allison rues the day she signed a contract forbidding her from sharing her dreams, since she is convinced they hold vital clues to a serial killer stalking Phoenix. Ariel realizes her medication may be blocking her psychic gifts in the conclusion of "How to Make a Killing in Big Business." 9 PM on 9 NBC

Dirty Jobs
Maggot farming. That's all you need to know about this new episode, which finds Mike in Idaho learning how to raise fly larvae. Also in this episode, Mike helps transport a cactus out of the way of an oncoming storm. 9 PM on 42 DIS

That's some dedication ...

While filming his faux-documentary Bruno, Sacha Baron Cohen tried to bleach all the hair on his body for his role as the gay Austrian fashionista, but ended up with an allergic reaction so severe "he couldn't sit down for three days," an insider shares. POPEATER.COM

Celebrity Buzz

Kate blames fame for woes

BLAME GAME Kate Gosselin of TLC's Jon & Kate Plus 8 said the focus on her current marital woes is "a result of our situation — our very public lives," usmagazine.com reports.

"Everyone wants to know everything about us," she said on Larry King. "And I feel like this is a situation where, you know, you can't believe everything that you read."

King also read a statement from Jon, who denies cheating on his wife — despite video, pictures and on-the-record interviews alleging otherwise. "These allegations are false and just plain hurtful," read the statement.

"As I adjust to the attention that comes from being in the public eye, I need to be more careful and aware of who I'm associating with and where I'm spending my time. The bottom line is I did not cheat on Kate. I'm sorry for putting my family in this awkward position, given some poor decisions and bad judgments I've made recently."

Asked by King what Jon meant by "bad judgment," Kate replied: "We are a family who didn't set out to live the celebrity lifestyle. We are living our lives like a normal family. Cameras come in and film us. And that, to the world — to the public, makes us celebrities."

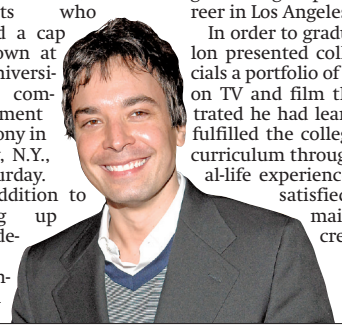
"I am not a celebrity... ," she added. "I am a mom and a wife. And I feel that Jon is having difficult times realizing that you can't go to the grocery store without people whipping out their cellphones, calling everyone they know and taking pictures of you. He is dealing very poorly with it."

METRO NEWS SERVICES

Talk about a slow learner

EDUCATION It's been 17 years in the making, but Jimmy Fallon finally received his bachelor's degree in communications from the College of Saint Rose, people.com reports.

The NBC Late Night host, 34, was one of 1,800 students who donned a cap and gown at the university's commencement ceremony in Albany, N.Y., on Saturday.



In addition to picking up his degree, the funnyman served as the keynote speaker and spoke to his fellow graduates.

The Saturday Night Live alum attended Saint Rose from 1992 through 1995 but decided to drop out just one semester short of graduating to pursue a career in Los Angeles.

In order to graduate, Fallon presented college officials a portfolio of his work on TV and film that illustrated he had learned and fulfilled the college's core curriculum through his real-life experience, which satisfied remaining credits.

METRO NEWS SERVICES

Oprah evacuates home amid fire?

SAFETY FIRST Oprah Winfrey is preparing to evacuate her Montecito, Calif., home as wildfires come within a few miles of her coastal ranch, a source tells usmagazine.com. The source tells Us that movers arrived at the talk show host's six-bedroom, $50 million US mansion to pack her belongings in case of an evacuation.

METRO NEWS SERVICES

Amy bombs her comeback

SAME OLD STORY Even Mother Nature couldn't handle Amy Winehouse's lackluster comeback gig.

Heavy rains forced the trouble-ridden British singer to cut short a performance at the St. Lucia Jazz Festival on Friday, her first gig in 2009, eonline.com reports.

Her spokesman, Chris Goodman, said the singer and her band "tried to soldier on" despite the storm causing sound and lighting problems.

Fans, however, couldn't have been more pleased, according to the BBC. "What a wasted talent," said a male concertgoer. "She is on a one-way road to destruction; it's such a shame."

During the hour-long set, Winehouse forgot lyrics, appeared distracted and inadvertently flashed her underwear before walking off the stage.

GETTY IMAGES

At one point, the 25-year-old chanteuse even told the audience, "Sorry, I'm bored."

"It was disappointing," said another fan. "It is very sad to see, but she is obviously not fit to be on stage."

METRO NEWS SERVICES

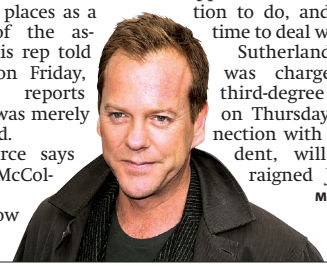
Jack's nose was broken: Rep

OUCH Fashion designer Jack McCollough, who was allegedly head-butted by Kiefer Sutherland last week, required surgery for his injuries, his rep said.

"Mr. McCollough suffered a broken nose in three places as a result of the assault," his rep told People on Friday, refuting reports that he was merely scratched.

A source says that McCollough, who's now sporting bandages on his nose, "had to have his nose reset. It's painful and it felt horrible."

The source adds that McCollough is "also pissed off and annoyed that this all happened. He has a collection to do, and has no time to deal with this."

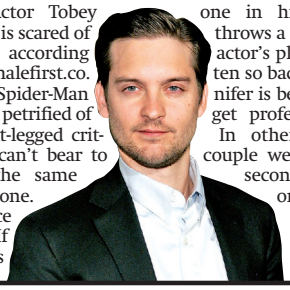


Sutherland, who was charged with third-degree assault on Thursday in connection with the incident, will be arraigned June 22.

METRO NEWS SERVICES

Tobey's spooked by spiders

IRONY Actor Tobey Maguire is scared of spiders, according to femalefirst.co.uk. The Spider-Man star is so petrified of the eight-legged critters he can't bear to be in the same room as one.



A source said: "If he finds one in his house he throws a hissy fit." The actor's phobia has gotten so bad his wife Jennifer is begging him to get professional help.

In other news, the couple welcomed their second child, a boy, on Friday.

METRO NEWS SERVICES

Gaga stripped for her folks

FAMILY DYNAMICS Lady Gaga's parents once came to watch her strip, female first.co.uk reports. The singer took the job to make ends meet while waiting for her music career to take off.

The 23-year-old pop star recalled: "My parents came down to see me perform. I wasn't worried that they were watching me, I wanted them to see what I was doing. But my dad was shocked. He thought I was going crazy. He really thought I had lost it and he was so upset. That totally freaked me out. I didn't want to be a failure in his eyes."

METRO NEWS SERVICES

Jesus goes back to school?

MONEY'S NO OBJECT Madonna has been dating 22-year-old Brazilian model Jesus Luz for months, but she's finally had enough of his poor language skills, according to the Daily Star.

The pop star has decided to get professional help. "She's paying more than $1,000 US a week for him to learn English," a source says.

METRO WORLD NEWS

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Tuesday Mainly sunny 16° / 7°
Wednesday Sunny 19° / 11°

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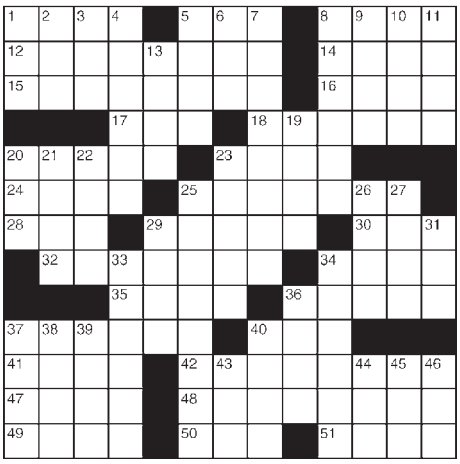
Take Five



Crossword across

1 Annie Lennox's, "No More 'I Love —' "
5 Shade provider
8 Grate
12 Ordinate counterpart
14 "Do — others ..."
15 Labyrinth beast
16 Ollie's pal
17 Little, in Paris
18 Unisex top
20 PC peripheral
23 Folder contents
24 Angered
25 Stately dances
28 "— Miserables"
29 Pugilist
30 Discoverer's cry
32 Mosque tower
34 Culture medium
35 — and crafts
36 SALT subject
37 Elk
40 Crucial
41 Mideast airline
42 Member of the clergy
47 Skin opening
48 Eternally
49 Prepared to drive
50 Reuben bread
51 Impale

Crossword down

1 Sweet potato
2 Kyoto cummerbund
3 Sailors' org.
4 Evaluated by eyeing
5 Jacob's brother
6 Baton Rouge sch.
7 Strict disciplinarian
8 Potential frat member
9 Con
10 Celeb
11 Bridge, in Brest
13 Particular
19 Speak sloppily
20 Wire measure
21 Utah city
22 Lucy's partner
23 Repairs
25 Bergen's dummy Snerd
26 Takeout request
27 Phony
29 Homer's imp son
31 Sphere
33 Caught redhanded
34 Bottomless pits
36 Estate recipient
37 Sobbed
38 Lotion additive
39 Rid of rind
40 Patella site
43 Wall climber
44 Youngster
45 Historic time
46 CSA soldier

Sudoku

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HOW TO PLAY: Digits 1 to 9 will appear once in each zone; a zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not put a digit in a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			8			3		
9	8						4	
		2			9		1	
	7	4	5	9			3	
5								6
	1			6	4	9	2	
	3		2			5		
	6						8	2
		1			5			

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

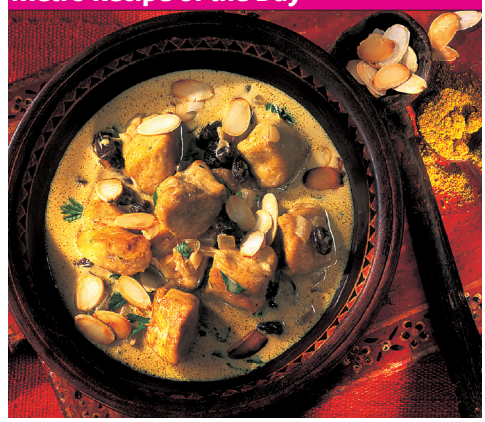
1	6	4	8	2	5	3	9	7
8	9	5	3	7	6	2	1	4
3	7	2	1	4	9	6	8	5
2	4	9	7	8	3	5	6	1
6	8	3	2	5	1	7	4	9
5	1	7	9	6	4	8	3	2
9	3	8	5	1	7	4	2	6
7	2	6	4	9	8	1	5	3
4	5	1	6	3	2	9	7	8

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day



Curried Chicken

INGREDIENTS:

1 1/3 cups (325 ml) chicken or vegetable stock
1 medium onion
2 cloves garlic
3 tbsp (45 ml) canola oil
3 tbsp (45 ml) all-purpose flour
2 tbsp (25 ml) mild curry powder
1 1/2 lb (680 g) boneless, skinless chicken breasts
Small handful of cilantro
2 tbsp (25 ml) seedless raisins
3 tbsp (45 ml) (25g) flaked almonds
1/2 lemon
2 tbsp (25 ml) natural yogourt
2 tbsp (25 ml) heavy cream
Salt and black pepper

METHOD:

1. Put stock on to boil. Peel and chop onion and garlic; fry gently in oil in large frying pan until soft, 5 minutes.
2. Mix flour and curry powder in large bowl, then cut chicken into 1-in. (2.5-cm) cubes and toss in mixture until evenly coated. Add chicken and flour mixture to pan and fry, stirring, 3 minutes.
3. Rinse, dry and chop enough cilantro to give 1 tbsp (15 ml) and reserve some to garnish. Add rest to chicken with raisins and hot stock. Bring to boil, stirring, then reduce heat and simmer 10 minutes.
4. Toast almonds in dry frying pan. Squeeze juice from lemon and set aside.
5. When chicken is cooked, remove pan from heat and stir in almonds, lemon juice, yogourt, cream, and salt and pepper to taste. Reheat gently, without boiling. Garnish with reserved cilantro and serve with rice.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20
Tie up as many loose ends as you can today. There may be a thousand and one other things you'd rather do but your impatience could get you into trouble, so temper your enthusiasm and realize some things just have to be done, and done now.

TAURUS
APRIL 21-MAY 21
You'll feel pressure beginning to mount on the work front today. Employers and others in positions of power will make demands you're not sure you'll be able to meet. Don't worry. If you stay calm and keep your mind free of fear you'll cope.

GEMINI
MAY 22-JUNE 21
Don't get lost in details today because it is the bigger picture you should be looking at. A lot of things have been hidden from you in recent months but before May is over they will start to reveal themselves — and make perfect sense.

CANCER
JUNE 22-JULY 22
The most important thing in life at the moment is to know what it is that you want, and if you don't know then it is about time you made an effort to find out. Without a clear vision in your mind's eye you are on a loser from the start.

LEO
JULY 23-AUG 23
The more others say they are acting in your best interests the more you can be sure they are acting in their own. Only you know what it is you most desire and only you can make it happen, so thank them for their offers and act for yourself.

VIRGO
AUG 24-SEPT 22
If you feel a bit under the weather as the new week begins, take it as a warning that you've been doing too much. You may have big plans but you have limits too and you'd be wise to acknowledge them and not push yourself too hard.

LIBRA
SEPT 23-OCT 23
You seem to be taking great strides at the moment and long may it continue. But while the Sun stays in the most sensitive area of your chart your self-image is probably a bit fragile, so don't expect too much of yourself. Your best is yet to come.

SCORPIO
OCT 24-NOV 22
You have been carrying an unusually heavy load of late and you really do need to get others to share the load. You are not alone. There are no end of people in your life who would happily help you — if you were to ask them. So ask.

SAGITTARIUS
NOV 23-DEC 21
This may not be one of the better times of the year for you but that doesn't mean you can't have fun. A lot depends on how you appear to other people, so get that gloom and doom look off your face and try smiling — it's not so hard.

CAPRICORN
DEC 22-JAN 20
You must not give in to negative emotions today. The moment you start thinking of yourself as some kind of victim is the moment you become one — and you're not. Your life is full of good things and good people, so get a grip.

AQUARIUS
JAN 21-FEB 18
Why do you spend so much time and effort trying to make other people feel good but so little time and effort trying to make yourself feel good? Whatever the reason, it has to stop. Reverse the trend over the next 24 hours. It's you who matters.

PISCES
FEB 19-MARCH 20
Impulse buying is not a good idea at the best of times but with Venus and Mars transiting the money area of your chart you have to splash out. To a certain extent that's OK, but don't spend everything you've got just to impress other people.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. To a riot, plunder a Montana city (1)
2. Use a beeper to summon actor Nicolas (1)
3. Fire fitness guru LaLanne (1)
4. University regulation (1)
5. Expert fishing-line flinger (2)
6. Reactin'-to-ragweed time of the year (2)
7. Polaroid pic of a powerful hockey swing (2)

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ANSWERS
1. LOOT FLUTE 2. PAGE CAGE 3. SACK JACK 4. SCHOOL RULE
5. MASTER CASTER 6. SNEEZIN SEASON 7. SLAPSHOT SNAPSHOT

8-11-09

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